

March is National Nutrition Month! The Academy of Nutrition and Dietetics chooses a new theme each year that addresses the importance of making informed food choices and developing a strong foundation of healthy eating and physical activity habits. The theme for 2018 is "Go Further With Food." Start your day on the right track by eating a healthy breakfast, include a variety of healthy choices from each food group on a regular basis, and plan meals and snacks in advance to help cut back on food wastage. Visit www.eatright.org for more information.

Reminders

» **Annual Trainings** begin this month. Make a note on your calendar for the training in your area and come out to see us. Learn more about the new Meal Pattern, win great prizes, and receive a special gift from CDA!

San Bernardino/Riverside County - March 10th

Arlington Library (Riverside)

Saturday 10:30 AM - English

Saturday 1:30 PM - Spanish

Imperial County - March 23rd and 24th

Imperial County CalWORKS WTW Office

Friday 6:30 PM - English

Saturday 10 AM - Spanish

Orange County - May 5th

CHOC Children's Hospital **\$6 parking fee**

Saturday 10:00 AM - English

Los Angeles County - May 19th

Children's Hospital LA **\$10 parking fee**

Saturday 10:00 AM - Spanish

Saturday 1:00 PM - English

San Diego County - June 2nd

San Diego County Office of Education

Saturday 9:30 AM - English

Saturday 1:00 PM - Spanish

Online Training - March 1st - July 31st

To access the online training visit the nutrition website (above), click on the *Training* tab at the top of the page, and follow the instructions from there. You will need to complete the quiz and send your signed/dated Annual Training Cover Page to the Nutrition Office by July 31st in order for your training to be complete.

National CACFP Week is March 11th—17th!

As child care providers participating on CDA's Nutrition Program, you are part of a larger community of child care providers who span the United States and together you have ensured that over 4,000,000 children have received healthy meals and snacks! You have helped to spread awareness of the CACFP and the benefits of participating by sharing the program with the families in your care. We want to acknowledge each and every one of our providers for the health-conscious commitment you make to the children you care for by serving nutritious meals every day. We would like to thank you by offering you a certificate of appreciation that you can download and print from the nutrition website. Click on the *Resources* tab to get your certificate today.

Chili Verde

Ingredients:

- 1 lbs. fresh tomatillos, husked, washed, quartered
- 2 4oz cans mild diced green chilies
- 3 green onions, chopped
- 2 cloves garlic, chopped
- 1 jalapeño, seeded & diced
- 2 Tbsp. fresh lime juice
- ½ - 1 tsp salt; 1 tsp sugar
- 1 Tbsp. oil
- 1½ lbs. lean pork cut into 1 inch cubes



Directions:

Place the 1st five ingredients in a blender and process until combined, then stir in lime juice, salt & sugar, and set aside. Get your slow cooker out and drizzle the bottom of the slow cooker with oil, then add cubed pork and pour the tomatillo sauce from your blender over the pork. Turn on to low and let cook 8 hours. Before serving, taste and adjust seasonings. Serve with brown rice or corn tortillas & garnish with lime wedges.